Rising into the New Moon

A Transformational Workshop for Body, Mind, Heart and Spirit

Using the vehicles of body, voice, and breathe woven with guided movement and sound explorations in a gentle, supportive community, we will celebrate and create a new moon ceremony through movement, stillness, sound and silence

INTENTIONS FOR THE SERIES:

Harmonizing of Body, Mind and Spirit

Re awakening a sense of wonder

Cultivating states of joy and peace

Re-membering the pleasure of being in our bodies

Expressing our widest and deepest selves

Encouraging creativity and spontaneity

Reclaiming our animal inspired grace

Sharing the gifts and blessings of who we are

Celebrating the Sacred Space of Body

This is the first in a series of workshops offered with love, gratitude and grace. Each workshop will be aligned with an element in nature. The first workshops image is re discovering our rootedness in, and connection to earth.

Thursday, October 11
7:45—9:15 p.m.

At M'Illumino

6921 Roosevelt Way NE,
Seattle WA 98115

To Register: (206) 412—5734 or xicana9@hotmail.com

Cost: $45.00

Please join us for an exciting series of workshops facilitated by internationally exhibited artist and sound energy intuitive debora barrera pontillo

Blog: http://heartfulhealing.blogspot.com